

COHamburgerOnABun30

Number of Servings: 30 (144.65 g per serving)

Amount	Measure	Ingredient
7.50	lb	Beef, ground, hamburger patty, brld, 5% fat
30.00	ea	Buns, hamburger
30.00	ea	Mustard, yellow, prep, pkt
30.00	pce	Onion, white, fresh, slices, thin
30.00	ea	Ketchup, pkt

Nutrients per serving

Nutrition Facts	
Serving Size (145g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 380mg	16%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 26g	
Vitamin A 2%	Vitamin C 2%
Calcium 8%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Food Handling :

- Single gloves should be used for only one task and then discarded.
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Shape ground beef into 4 oz patties. Place then onto sheet pans that have been sprayed with non-stick cooking spray. Bake at 400 degrees F for 15-20 minutes, or until internal temperature reaches 160 degrees F. Serve hamburgers on bun with a mustard packet, ketchup packet and onion slice.

1 serving = 1 patty, mustard, ketchup, onion and bun = 2 CS